

**NOTES FROM WELLNESS & LIFE ENRICHMENT DIRECTOR**

By Shari Proctor

GET YOUR FLU SHOTS HERE! At this point in time, we can safely say that flu viruses and the virus that causes COVID-19 will both be spreading this flu season. So, it's no surprise that **the CDC states that getting a flu vaccine this year will be more important than ever.** Furthermore, protecting yourself from influenza is important to decrease the risk of co-infection.



This year's flu vaccine will be provided by Carvajal Pharmacy, with whom our licensed health care facilities contract for medications. Carvajal will have available the following flu vaccines:

1. Standard dose flu – flucelvax quadrivalent, manufactured by Seqirus, and
2. Quadrivalent adjuvanted vaccine (new for 2020) – although this vaccine is licensed for use in adults 65 years and older, Carvajal Pharmacy advises that this vaccine has more side effects than the standard dose.

The CDC does not recommend one vaccine over another, so do your research and consult with your physician to determine which vaccine is best for you. In addition to the flu vaccine, Carvajal will also have the pneumonia vaccine and Shingrix for shingles available. Pneumonia vaccines are given every 5 years, so please make sure you know the date of your last vaccine, as Wellness will not have that information available at the flu shot clinic. The Shingrix vaccine requires two vaccinations; we will provide the date of the second vaccination during the initial flu shot clinic.

Now for the fun part, social distancing while waiting for your vaccination(s). Each campus will have a schedule for residents with an assigned time slot. The schedule will be available and delivered to you the week prior to the scheduled vaccine dates below, *PLEASE* adhere to the schedule.

East Campus – Legacy Rm:

Monday, Sep 28, 9am-12pm and 1pm-3pm

West Campus – Roadrunner Lounge:

Tuesday, Sep 29, 9am-12pm and 1pm-4pm - RR Lounge

Tuesday, Sep 29, 9am-11am curbside at Towers 3&4

Wednesday, Sep 30, 9am-12pm – RR Lounge only

Please bring your health insurance cards: Medicare Card & Military ID Card, Humana, Aetna, Blue Cross Blue Shield, etc. Please note that Medicare Advantage Plans such



as Humana, Aetna, and Blue Cross Blue Shield may require copayments for vaccinations *other than the flu vaccine*. Please contact your insurance company to verify. Any required copayments will be due at the time of vaccination.

And finally, Carvajal Pharmacy is requesting that consent forms be completed and submitted prior to the scheduled flu vaccines. Please pick up a consent form at the Internal Mailbox counter (West Campus); CC Rm 1 (East Campus); or Wellness Center (both Campuses). Upon completion, please turn in the form to the Wellness Center (Rm 104 @ West; Rm 112 @ East).

If you have any questions, please contact Shari Proctor or Marla Casanova.

RESIDENT COUNSELOR INFORMATION

By Shirley Clay

Lackland Legal - Lackland Legal will be at **East** to meet individually with East residents on **Tuesday, Sep 8** in the Executive Conference Room. Appointments will be from **1-4pm**. If you have a military identification card, cannot drive and wish to change or update your will, please call Shirley Clay @ 210-568-5029, to schedule an appointment. Please Note: Lackland Legal cannot assist you if you have a trust.

You must complete a Will Worksheet before your appointment, whether it is on campus at Blue Skies or at Lackland Legal. Will Worksheets are available in the Wellness Office or online at <https://aflegalassistance.law.af.mil>.



Department of Veterans Affairs' Family Caregiver Program – The Veterans Administration has initiated plans for the VA benefit program for family caregivers. If a veteran has a rating of 70% or above single, or combined service connected disability and served **before 1975**, they could be eligible for a stipend to pay a spouse or

family member providing the veteran specific care. Veterans meeting criteria can start applying for the program in October 2020. For more information on this program, please visit the website at <https://www.va.gov/opa/pressrel/pressrelease.cfm?id=5494> or contact 210-617-5300, ext. 19278 for more information.

WELLNESS CENTER

By Terry Elizondo, Medication Liaison



Reid Pharmacy will be closed **Friday, Sep 4** and **Monday, Sep 7** in observance of Labor Day. Please plan accordingly.

Reid Pharmacy prefers electronic fax prescriptions from physicians. Please provide your physician's office with the following electronic address when sending electronic fax prescriptions: *DoD Reid Ephcy*. Please submit requests for refills with the Wellness Center.

Reid Pharmacy Refill Requests – Please request medication refills at the Wellness Center (West - Room 102 & East - Room 112), using the following method:

Complete the Reid Refill Request Form located at the medication drop boxes at each Wellness Center office, and in addition for East, the Mid-Rise Dropbox outside of the Sew 'n Sews Room.



Please Note: We no longer accept empty med bottles/containers as a means to submit a refill request. You will need to complete the Refill Request Form. If you have difficulty completing the form, please come to the Wellness Office and we will be happy to assist in filling out the form.

Medication Distribution Schedule:

WEST Campus Residents: Times for distribution of medications is by alphabetical order as follows: **A-I, 1-2pm; J-R, 2-3pm; S-Z, 3-4pm.** We ask anyone with questions as to the status of a medication to please call Terry Elizondo at (210) 568-3417.

EAST Campus Residents: The timeframe for picking up medications is **Tuesday, Thursday, and Friday** from 1-3pm.

MEDICAL & WELLNESS SCHEDULE

By [Elizabeth Bain](#), Health & Wellness Liaison

Please Note: For information regarding acceptance of specific insurance plans, please contact the Provider directly.

Primary Care Physicians

Alsace Family Practice – will be at BST on the following dates. Please call 830-538-3550 to schedule an appointment.

- **West Specialty Clinic – Mondays, Sep 14, 21, & 28 9am-5pm
Wednesdays, Sep 2, 9, 16, 23 & 30 9am-5pm**
- **East Specialty Clinic – Thursdays, Sep 3, 10, 22 & 29 9am-12pm**

MD VIP - Dr. Patrick Peters will be at BST on the following dates. Please call 210-521-7676 to schedule an appointment.

- **West Specialty Clinic – Tuesdays, Sep 1, 8, 15, 22 & 29, 8am-5pm**
- **East Specialty Clinic II – Fridays, Sep 11 & 25, 8am-12pm**

Visiting Physicians Group – Dr. Pham will be at the **East Specialty Clinic** on **Mondays, Sep 14, 21 & 28** from **9:30am-4:30pm**. Please call 210-733-5072 to schedule an appointment.

Zarate Medical Group – Dr. Jocelyn Zarate will be at the **West Specialty Clinic** **every other Tuesday** from **1-5pm**. Please call 210-587-8787 to schedule an appointment.

Cardiology

Cardiovascular Institute of South Texas - Dr. Bruce Kuo will be at BST West on the following dates. Please call 210-920-8000 for an appointment and specify your request to be seen for Cardiac, Vascular or Venous Condition.

- **West Specialty Clinic – Friday, Sep 11 & 25, 8am-12pm**



Dental

Emerald Crossing Family Dentistry – Dr. Julian Martinez, DDS will hold clinic days at BST on the following dates. To schedule an appointment, please call 210-674-3122, or email your dental request to blueskiesoftxdental@gmail.com.

- **West Dental Clinic – Tuesdays & Thursdays, 9am-5pm**
- **East Dental Clinic – Fridays, 9am-5pm**

Podiatry

Podiatry Group of South Texas – Dr. Steven Kissel, DPM will be at BST on the following dates. Please call 210-222-1077 to schedule an appointment.

- **West Specialty Clinic Too – Monday, Sep 14, 8:30-11:30am**
- **East Specialty Clinic – Monday, Sep 14, 1-3:30pm**

Audiology

Audicles Hearing Aid Service will be at BST on the following dates. Please call 210-820-0525 to schedule an appointment.

- **West Specialty Clinic Too – Dr. Jane Watson, Audiologist**
Thursdays, Sep 3 & 17 9am-12pm
- **East Specialty Clinic – Dr. Tracy Board, Audiologist**
Wednesdays, Sep 2 & 23, 9am-12pm

Occupational, Physical and Speech Therapy - Select Rehabilitation provides therapy services on the East Campus in the Vitality & Fitness Center, and on the West Campus.

SELECT REHABILITATION NEWS



Sustaining Wellness during the COVID-19 Crisis – The coronavirus (COVID-19) is presenting new and unique challenges in the way we engage in our everyday activities that encompass our sense of well-being. Our daily living routines have been disrupted during COVID-19, causing added anxiety and strain—physical, mental and financial. It is completely natural for this disruption to lead to increased worry. The following are some tips to cope with stress.

- **Get a daily dose of sunlight**
- **Challenge negative thinking**
- **Acknowledge worries and address any fears that can be handled**
- **Talk with family, a friend or spiritual leader**
- **Make sleep a priority**
- **Avoid things that can aggravate the symptoms of stress:**
 - **Caffeine (coffee, tea, soda, chocolate)**
 - **Nicotine (smoking)**
 - **Overeating**



It is also important to eat well and be active during this pandemic. Pay attention to portion sizes and try to maintain your regular eating habits. In addition, hydration is essential. If possible, keep a water bottle close at hand and refill it frequently. Physical activity is critical for both mental and physical health. Take advantage of virtual workouts and time outside.

How can rehabilitation help? Your rehab team can promote health and wellness in the community through involvement in activities that encourage healthy behaviors. Your rehab team can play an active role in reducing your risk of injury. This team can also assist individuals in managing chronic diseases more effectively, thereby improving your quality of life and ability to engage in daily activities, while decreasing frequency of medical interventions. If you would like to receive more information on how the therapy department can help you or your loved one, please call:

- **210-568-5171 for the East campus**
- **210-568-3415 for the West campus**

Legacy Physiatry Group will meet with residents at the **West Specialty Clinic Too** on **Friday, Sep 25, 9am-1pm** to discuss specific approaches to chronic pain and other mobility impairments. Physiatrists educate patients about their diagnosis and coordinate a multidisciplinary approach to non-operative musculoskeletal care treatment. Please call 1-972-881-4688 to schedule an appointment.

LIFE ENRICHMENT

[Hope Santos](#), *Life Enrichment Manager*, & [Carol Estala](#), *Activities Coordinator*

East Fitness Live Classes – maximum of 9 attendees for each class:

9am Chair Exercise Class – Monday, Wednesday & Friday

10am Chair Exercise Class – Monday, Wednesday & Friday

11am Line Dancing – Tuesday & Thursday

Zoom Classes:

10am Tai Chi – Monday, Wednesday & Friday

11am Zumba Class - Monday, Wednesday & Friday

1pm Chair Exercise & Balance, Monday, Tuesday, Wednesday, Thursday & Friday

2pm Total Conditioning, Monday, Tuesday, Wednesday, & Friday

3pm Pilates - Monday, Wednesday

10am Gentle Yoga, Tuesday & Thursday

11am Chair Yoga, Tuesday & Thursday

1pm Chair Yoga, Tuesday & Thursday

2020 Exercise Schedules are available at the Front Desk of both the East and West Campus. As of print date of this newsletter, fitness classes are available in-person and on Zoom.

September



Blue Skies Upcoming Events

Blue Skies East



Wednesday, Sep 2 – Documentary: The Great Escape, In-House Channel 1890, 2pm. This special documentary of the Great Escape features interview segments from our very own dearly departed BSTW resident Colonel (Ret.) Robert Inghram. He was one of three Americans to dig the Great Escape tunnels during WWII from Stalag Luft III German prison camp.



Thursday, Sep 3 – Lotería, CC2 & 3, 2pm. Also known as Mexican Bingo, this is a twist on the traditional Bingo game. Come join us for fun, laughs and prizes. Who knows, you might just learn some Spanish, too. Seating is limited; sign up in CC1.

Friday, Sep 4 – Documentary: Diana: In her own words, CC2 & 3, 10am. Featuring archival footage and personal recordings, this documentary offers candid insight into the life of the beloved princess.

Monday, Sep 7 – Monday Movie: “Some Like it Hot,” In-House Channel 1890, 3pm. Sit back in your apartment and tune into the in-house channel for this featured film starring Marilyn Monroe.

Tuesday, Sep 8 – Trivia & Tea, Legacy Room, 10am. Join us for fun with trivia and tea! Seating is limited; please sign up in CC1.

Tuesday, Sep 8 – Tuesday Talks Zoomcast, 2pm. Tuesday Talks with Hope and Carol will now take place once a month (2nd Tuesday). Each Zoomcast features a different topic of discussion. This month: *Behind the Scenes with BST*. Join us as we will have guests from different departments at BST joining us. Great chance to see some of the faces you’ve been missing or meet some of the staff you might not know.

Wednesday, Sep 9 – Documentary: Cuttlefish: Kings of Camouflage, In-House Channel 1890, 2pm. The cuttlefish is nature's greatest master of disguise. Its visual wizardry and clever behavior have fascinated and mystified scientists for years.

Thursday, Sep 10 – Fall Wreath-Making Workshop, CC2 & 3, 10am. The fall season is quickly approaching, so let’s get into the season by creating wreaths to adorn our doors later. All supplies provided. Seating is limited; please sign up in CC1.

Friday, Sep 11 – Documentary: 100 Years of Military Aviation, In-house channel 1890, 10am. Featuring footage of JBSA Lackland this documentary covers Military Aviation from 1917-2017.



Monday, Sep 14 – Movie Monday, CC 2 & 3, 10am. Today's featured movie is *The Pride of the Yankees*, an Academy Award-winning movie that portrays the life of Lou Gehrig. Please join us for the movie and some complimentary popcorn and beverages. Seating is limited; please sign up in CC1.

Tuesday, Sep 15 – Documentary: The Most Wanted Animals, In-House Channel 1890, 2pm. Conservationist Maria Diekmann travels to Asia to better understand the global issues facing pangolins.

Wednesday, Sep 16 – Celebrate You September Mini Party. If you have a birthday or anniversary in September, please mark your calendar for this upcoming celebration, then wait for your Activities Coordinator to contact you with all the exciting details of this special event.

Thursday, Sep 17 – Special In-house Movie, Grumpy Old Men, In-house Channel 1890, 11:30am. See this 1993 American romantic comedy film starring Jack Lemmon, Walter Matthau, and Ann-Margret. Things really heat up when two neighbors that have been feuding for years both find themselves attracted to a free-spirited art professor who moves in across the street.

Friday, Sep 18 – Boston: The Documentary, In-house channel 1890, 10am. You will be immersed into the wondrous kaleidoscope of the oldest annually contested marathon in the world.

Friday, Sep 18 – Friday Grab 'n Go, Main Lobby, 2pm. Stop by the main lobby for a complimentary frozen treat.

Monday, Sep 21 – No-Sew Sachet Making, CC2 & 3, 10am. Come and make a no-sew lavender sachet that you will be able to compliment with your choice of essential oil. A simple, anyone-can-do-it craft that will freshen up your drawers or other spaces.

Monday, Sep 21 – Movie Monday, CC 2 & 3, 2pm. Today's featured movie is *The Nutty Professor*. Jerry Lewis directed, co-wrote and stars in this riotously funny movie. Complimentary popcorn and beverages. Seating is limited; please sign up in CC1.

Tuesday, Sep 22 – Documentary: On the Shoulders of Giants, In-House Channel 1890, 2pm. Kareem Abdul-Jabbar shares his lifelong passion for the legends that inspired him to greatness.

Wednesday, Sep 23 – Fall Wreath-Making Workshop, CC2&3, 10am. Let's continue with the fall season spirit with this fun wreath-making class. All supplies provided. Seating is limited; please sign up in CC1.

Thursday, Sep 24 – Documentary: Animal Odd Couples, In-house channel 1890, 10am. A lion and a coyote, a tortoise and a goose and other cross-species relationships show that humans are not the only animals capable of emotions and unlikely friendships.



Friday, Sep 25 – Brain Games, CC2 & 3, 2pm. This interactive presentation will be sure to get all our brains working together. Limited seating available; please sign up in CC1.

Monday, Sep 28 – Movie Monday, CC 2 & 3, 10am. Today's featured movie is the remake of *The Pink Panther*, starring Steve Martin. Complimentary popcorn and beverages. Seating is limited; please sign up in CC1.

Wednesday, Sep 30 – Documentary: The Story of Louis Pasteur, In-House Channel 1890, 2pm. This is the biography of the pioneering French microbiologist who helped revolutionize agriculture and medicine.

Blue Skies West



Tuesday, Sep 1 – Zoom Tutorial, Roadrunner (RR) Lounge, 2pm. Everyone is Zooming nowadays; let us teach you how! Please bring your smartphone, tablet or laptop, and join this live instructional tutorial so you too can Zoom your way into all the fun happenings. Due to social distancing restrictions, this class is limited to 9 residents; please sign up at the Front Desk.

Thursday Sep 3 – Boston: The Documentary, RR Lounge, 10am. You will be immersed into the wondrous kaleidoscope of the oldest annually contested marathon in the world. Seating is limited; sign-up sheets are located in the Main Lobby.

Friday, Sep 4 – Frozen Friday, RR Lounge, 2pm – Your Life Enrichment team invites you to stop by the RR Lounge for a complimentary grab-and-go frozen treat.

Monday, Sep 7 – Documentary: On the Shoulders of Giants, In-House Channel 1890, 2pm. Kareem Abdul-Jabbar shares his lifelong passion for the legends that inspired him to greatness.

Tuesday, Sep 8 – Tuesday Talks Zoomcast, 2pm. Tuesday Talks with Hope and Carol will now take place once a month (2nd Tuesday). Each Zoomcast features a different topic of discussion. This month: *Behind the Scenes with BST*. Join us as we will have guests from different departments at BST joining us. Great chance to see some of the faces you've been missing or meet some of the staff you might not know.

Wednesday, Sep 9 – Trivia: Do-Nut Worry, You've Got This! 10am, RR Lounge. Join us for trivia and donuts. Seating is limited; sign-up sheets are located in the Main Lobby.

Thursday, Sep 10 – Documentary: Thunderbirds: Skies of Thunder, In-house channel 1890, 2pm. 45 mins of courageous pilots showcase of the F-16 Fighting Falcon.



Friday, Sep 11 – Lotería, RR Lounge, 10am. Also known as Mexican Bingo, this is a twist on the traditional Bingo game. Come and join us for fun, laughs and prizes. Who knows, you might just learn some Spanish, too. Seating is limited; sign up in the Main Lobby.

Monday, Sep 14 - Documentary: National Museum of the United States Air Force, In-house channel 1890, 10am and 2pm.

Tuesday, Sep 15 – Select Rehab Presents: Exercise at Home Minus Zoom, RR Lounge, 2pm. Guest speaker Barbara Freeman, Director of Rehab at BST, will show us how to exercise at home without any additional equipment. Great for anyone, but especially those who don't Zoom. Seating is limited; sign up in Main Lobby.

Wednesday, Sep 16 – Documentary: Animal Odd Couples, In-house channel 1890, 2pm. A lion and a coyote, a tortoise and a goose and other cross-species relationships show that humans are not the only animals capable of emotions and unlikely friendships.

Thursday, Sep 17 – Presentation on Guide Dogs Via Zoom, RR Lounge, 10am. September is National Guide Dog Month. Come and learn all about guide dogs in this informative, interactive talk. Seating is limited; please sign up in the Main Lobby.

Friday, Sep 18 – iPhone and iPad Class, RR Lounge, 10am. Join Elizabeth Bain as she shows you the basics of using an iPhone and iPad. This is a don't-miss class to ensure you get the most use out of your device.

Monday, Sep 21 – Documentary: Magic of the Snowy Owl, In-house channel 1890, 2pm. A team of intrepid film makers provide an intimate look at the snowy owl.

Tuesday, Sep 22 – BST Family Feud, 2pm, RR Lounge. We're all one big family! We will have two teams of 4 people each. This one is sure to be fun, so sign up in the Main Lobby.

Wednesday, Sep 23 – Documentary: Wild Weather, In-house channel 1890, 2pm. Despite scientists' study of weather for thousands of years, we know far less about how weather works than anyone might expect. This, however, is about to change! Enjoy this documentary on weather featuring spectacular, powerful and incredibly dangerous weather.

Thursday, Sep 24 – Brain Games, RR Lounge, 2pm. This interactive presentation will get all our brains working together. Limited seating available; sign up in the Main Lobby.

Friday, Sep 25 – Mimosas and Muffins, Main Lobby, 10am. A grab-and-go event! Stop by the Main Lobby for a mimosa and muffin as we kick off the weekend in style.

Monday, Sep 28 – Documentary: Cuttlefish: Kings of Camouflage, In-house channel 1890, 2pm. The cuttlefish is nature's greatest master of disguise. Its visual wizardry and clever behavior have fascinated and mystified scientists for years.

